

MINUTES

Ocean & Bay Intergroup MINUTES, 10.3.2023

Monthly Meeting Minutes for October 3, 2023, to be distributed on November 7, 2023

I Called to Order:

- Nancy Called meeting to order 6:30 pm
- Linda read the 12 steps & Pat D. read the 9th tradition and the 10th Concept.
- Minute of Silence
- Roll Call/Attendees: Sandy, Donily, Kathy W. Jay L, Pat D, Kara, Robin, Lisa K, Maggie Nancy, Diane, Mike, Eileen S. Susanna, Michelle H. & Robin M.
- 7th Tradition can be made Venmo (has a place you can ID where your donation is from) or PayPal. Mailing Address for checks is Ocean & Bay IG, PO Box 2243, East Greenwich, RI 02818
 - Can also give through in person meeting donations.

II Board Reports

Chairperson (Nancy)-

We have several ways to honor the 7th tradition. Please take the time to utilize them.

Phone Service: New member to answer the OA phone line starting in January 2024 – Leslie from CT.

IG Monthly Forum- Next Region Six IG Forum is October 23rd. All are invited. Link in chat & on website: oceanandbay.org

Report on September 9th Workshop- *Trouble With Food? We Can Help* – Thank you to all who helped make the workshop successful. Our expenses - approximately \$395, which included a \$100 donation to Kent Hospital. * Income was \$664. * Literature sales - \$486 and 7th tradition - \$178. * 46 people attended. * 26 evaluation forms returned. * 6 newcomers identified themselves. * We welcomed a few OA returning members. * 24 people provided email addresses to receive the Ocean & Bay newsletter.

- Members suggested these topics for future workshops:
 - Working the steps
 - How to define and maintain abstinence
 - Abstinence one day at a time
 - What is abstinence?
 - Living with eating disorders after bariatric surgery
 - Meditation and 12-step recovery
 - Staying abstinent through difficult times

Note: Mike and Libby tabulated check-in lists. Lisa K volunteered to compile the evaluations.

Comments on workshop: Jay from Pawtucket said it was phenomenal. Jay reported that a workshop is being planned in Jewett City in CT in January and asked if we could sell literature there.

New Budget & 7TH Tradition Team

The board officers meet monthly. A new budget and 7th tradition team was formed, and Nancy asked the team to review budget issues, 7th tradition, and report back in January 2024.

The PIPO application to R6 was approved for the billboard. A total of \$4100 was approved for four intergroups. Kathy and Sandy will set up a zoom for this team to meet. Nancy asked for 2-3 more people to join the team, so Eileen volunteered.

Meeting Rep's Recruitment. Nancy stressed the importance of all meetings having a meeting rep who attends IG. She suggested assembling a Meeting Reps Outreach team to reach out to meeting contacts about this. Robin volunteered.

Nominations for V. Chair & Treasurer for 2024-2026 in October, Vote in November.

Eileen nominated Kathy W. for Treasurer and Robin seconded.

Diane nominated Kara for Vice Chair and Eileen seconded.

If anyone wants to nominate someone they can do so in October. Email Nancy: Chair@oceanandbay.org

Vice Chair: (Kara)

OBI Bylaws Team Update-Plan to meet every other month with initial meeting in November, on the 3rd Thursday of the month. Meet at 7pm Est on zoom to begin review of OBI bylaws. Contact Kara if you are willing to help.

R6 Conference Oct. 13-15. <https://oaregion6.org/2023-convention-welcome-home/>

Kara is stepping down from Region six as a voting rep but will continue to participate in R6 intergroup matters. If anyone is interested in serving as a R6 rep, contact Nancy or Kara. Next General Assembly for R6 is spring 2024.

Recording Secretary (Diane)

Kara made a motion to accept September minutes and Sandy seconded. MOTION PASSED to accept Minutes of Sept Intergroup meeting.

Treasurer: (Kathy W.)

Kathy divided the report into 2 sections for ease in reading content.

Timely was paid for \$300 in Sept.

Sandy has assisted Kathy in learning the treasurer's responsibilities.

The totals for venmo, PayPal and deposits will be updated for next months.

Beginning balance: \$10,171.79. Ending balance: \$ 9503.92.

Recent expenses included:

Paid for liability insurance and the Web which are annual expenses.

Alex - Web support - \$400.00. Owed her for past months @ \$100 per month. She is working on getting OBI a discount for our website hosting costs. (Stablepoint)

Our treasurer Kathy wrote a newsletter article on how to encourage people to participate in the 7th tradition.

Venmo has no transaction fees, but PayPal does. Go to oceanandbay.org/7th-tradition/

Kathy will meet with Eileen about a 7th tradition matter for one of the meetings.

Motion to approve September 2023 Treasurer report from Sandy and seconded by Robin & Mike. MOTION PASSED.

Sandy – Updates None.

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Region Six Representatives- (Diane, Kara, Nanc)- Nancy's Report on General Assembly, Sept. 24, in Albany, New York.

38 reps from Canada, New York, New England area. Effects of Covid creating more online meetings and this is a challenge for the Region and OA World Wide. More technical issues arise, as well as loss of 7th tradition income because people are not in person donating. Beth, our R6 trustee reviewed some tradition questions. Is it OK to advertise OA in the Newspaper. It is not a violation of any tradition. Nancy suggested an ad in some newspapers.

Committee Reports: New Chair person voted in is Kimberly C. from Connecticut. Nancy was assigned to the bylaws committee for the Region serving as the secretary. Anyone interested in being a R6 Rep please let Nancy know.

III Committee Reports

Workshop and Events (Eileen)

Two Way Prayer Writing Workshop – on Zoom, Nov 5, 1-2:30 p.m. Est

OA Retreat at Enders Island, Mystic CT – Nov 15-17, 2024, The planning is moving along. Title: **New Beginnings at Enders, Recovery with Step 11 and OA weekend of Prayer and Meditation.** The food committee met with the head of dining services and they are confident that they will give us what we need for abstinent meals. Eileen will send out emails for our next meetings is October 20 at 8am. They meet 3rd Friday.

Trivia & Entertainment on January 14th, 2024, from 1pm -2:30pm. This will be hybrid on zoom and at the YANA Center in Middletown RI. October 22 at 11:30am after the Image and Body Meeting.

Literature – (Susanna)

Working on disbanding the literature cabinet in Cranston and needing to take inventory on what's left. Literature was sold at the workshop, but no other sales this month. People can order literature from OA.org.

Donily asked: Do we want to think about donating some literature to the Prison? Kathy is going to the Prison and they are using a For Today books and she would like to get some pamphlets on bulimia and anorexia, and some information for teens as well. Nancy will work on this. Eileen has some old 12&12's that she can donate. York Prison (Women's Prison) in Ct.

Please let Susanna know if you have any questions or need literature for your meeting.

Jay L is planning a workshop January 13th in Jewett City, Ct. and they are offering to have literature and asked if we would like to partnership to bring it out and sell literature. Nancy will talk to Jay and recruit volunteers.

Communication/Social Media Outreach (Michelle, Lisa K.)– **BILLBOARD LIVE!!!** Located at 1242 Hartford Ave in Johnston RI near the Market Basket. We are having a photo contest if you take a picture of the Billboard and submit it to win an OA book.

Journals are available – oceanandbay.org/ocean-bay-journal/

OBI FB page: <https://www.facebook.com/oceanandbay>

Our Instagram page is live. Michelle posted our first picture and post. Over last 28 days we have 112 fb followers. The last 2 posts reached 18 people . The billboard post got 7 engagements. In the last 30 days 880 people were reached via FB . Paid publicity for September workshop was through fb Boost (\$77.00 for 2 ads in the past 60 days) and Event Brite (\$31.38). We reached 11,471 people with our 2 ads that cost \$77.00. The platform costs little and was worth it to diversify our viewer base. Michelle will start taking the events listed in the newsletter and creating fb and Instagram posts to go along with them. She is happy to put in a graphic for Trivia as well. Lisa K has been very helpful. The only other issue encountered is there are other entities that can post on our page so that goes against our traditions. As a result, Lisa snoozed them for now. Michelle and Lisa will work together on this. Trivia graphic was put in the chat. Michelle will use it to make events for fb and Instagram.

Newsletter Editor/Webmaster & Web team (Mike)

October newsletter emailed today. There were some spikes on the website around the times of the workshop and the billboard. We had more visits to the site/page views. The highest views were 400.

Email Correspondence (Yael) absent

Nancy reported not much activity this month- there were a few from before the workshop. Our new volunteer Yael checks our email twice a week. (questions@oceanandbay.org)

Zoom Security Team – (Robin) information on security available OA Foot Steps Intergroup.

<https://oaf footsteps.com/security-committee/>

PIPO (Reva R., Mary Jane, Lisa K. –

Health Professionals Outreach Project-Mailings will be going out to nearly 50 HCP's who have been submitted by our members.

12th Step Within – Diane. Nancy has a workbook on 12th step within. She will share with Diane.

Meetings – Robin – Our meeting list was updated a few months on both OA.org and Oceanandbay.org. She and Mike revisit these changes regularly. Robin is looking for volunteers to go through and verify the accuracy of our meetings list in the upcoming months. Please contact Robin if you are interested in helping.

IV What's on your Mind? No comments

V Unfinished Business: No comments

VI Tabled Business: Sponsor Bank.

Meeting Adjourned at 7:47pm with the OA Promise Prayer

Respectfully Submitted by: Diane C.